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Strawberry Julius and Pineapple Julius

Recipe By : Serving Size : 1 Preparation
Time :0:00 Categories : Beverages
Vegetables

Amount	Measure	Ingredient	—
			Preparation Method

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1 cup frozen sliced strawberries — thawed	—
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or

1 can crushed pineapple in juice (8-oz)	—
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1 cup water

2 egg whites

3/4 teaspoon vanilla extract

1/4 cup granulated sugar

1 cup crushed ice — heaping

1. Combine all the ingredients in a blender set on high speed for exactly 1 minute. Makes 2 drinks.

NOTES : For the Strawberry Julius, sweetened sliced strawberries work

best. They can often be found in 16-ounce boxes in the frozen-food section of the supermarket. Make sure to thaw them first.